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'HORRIBLE' NO SEX TAPE AMONG EX'S HOME VIDEOS, LOPEZ SAYS

{page 11}



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See pullout in today's paper

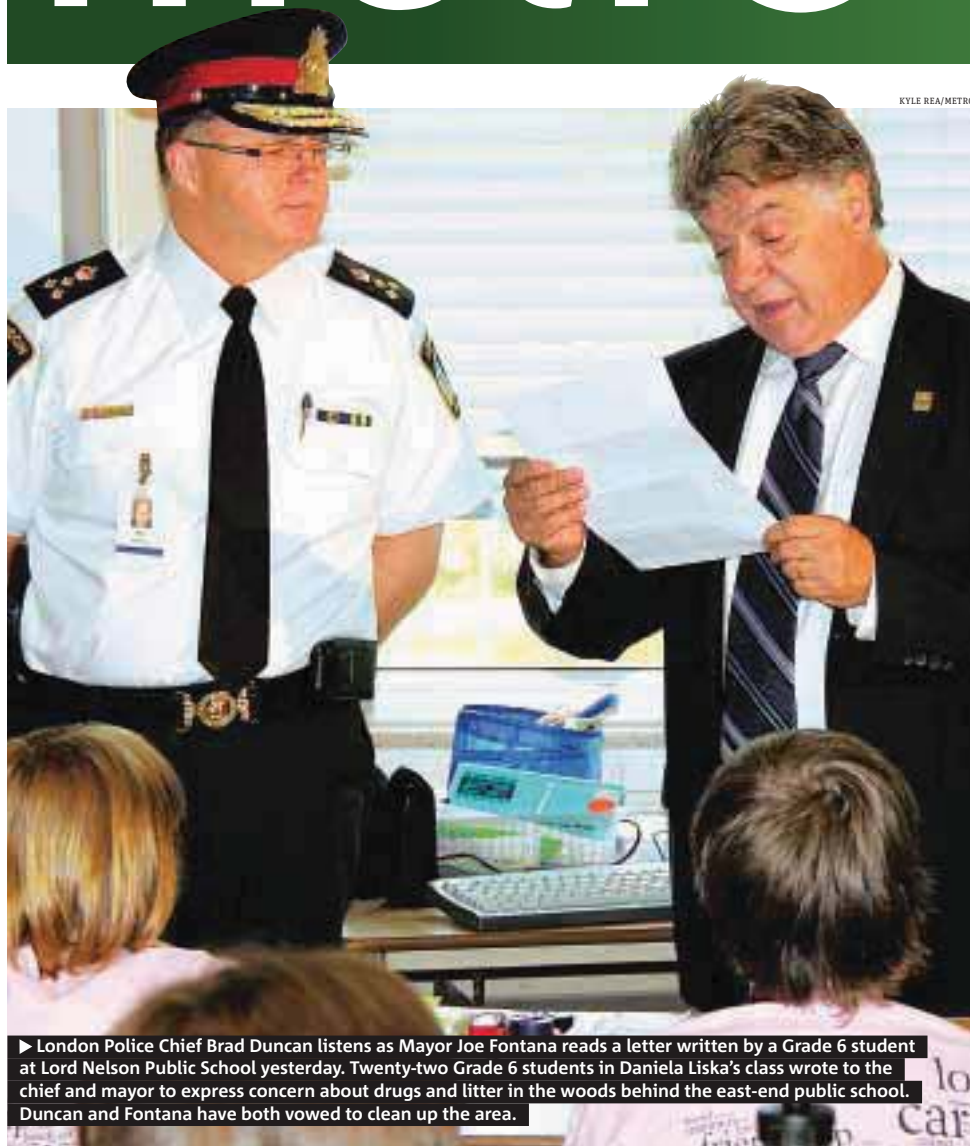
LONDON

metro®

Tuesday, June 21, 2011
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News worth
sharing.



KYLE REA/METRO

► London Police Chief Brad Duncan listens as Mayor Joe Fontana reads a letter written by a Grade 6 student at Lord Nelson Public School yesterday. Twenty-two Grade 6 students in Daniela Liska's class wrote to the chief and mayor to express concern about drugs and litter in the woods behind the east-end public school. Duncan and Fontana have both vowed to clean up the area.

'It's not a safe place'

► City, police vow to monitor wooded area after Gr. 6 students write of vandals, litter

They've found used needles, beer bottles, drugs and lighters littered throughout a wooded area behind their school.

And while students from Lord Nelson Public School enjoy walking through there on their way to and from school, it's not a safe place to do so.

Now, thanks to the effort of Grade 6 students, the City of London and London police have taken action to try to make the area safe again.

As first reported on metronews.ca yesterday, Mayor Joe Fontana and London Police Chief Brad Duncan came to Daniela Liska's Grade 6 class yesterday to thank them for writing letters urging action on the area.

"It's beautiful to have woods in a community such as this, we're the Forest City, but if people are being disrespectful, it's your right to stand up and say we are not going to tolerate this," Duncan told students.

Back in the fall, Liska wanted to take her students into the

"There are drugs and stuff we don't even know." FROM A LETTER BY A GRADE 6

STUDENT AT LORD NELSON PUBLIC SCHOOL

woods for a science project, but decided against it.

"It's not a safe place," she said. Instead they went elsewhere, but she didn't let it drop.

"I decided, 'Let's write some letters and see what we get,' because it's frustrating we can't use an area so close to the school."

The result was 22 letters individually written and sent to the city and police.

Some letters describe what the area is like and problems students could face if they were to walk home.

Other letters tell of finding bags filled with pot and needles on the ground and teenagers using BB guns in the woods.

Both Fontana and Duncan vowed to do something. That includes cleaning up the area and patrolling the woods. ● KYLE REA



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It's here — the season we have been waiting for

► Today at 1:16 p.m. marks the official start of summer ► Environment Canada says we can expect this summer to be hotter than normal



► Kristine Parker of Victoria, B.C., sits in the warm afternoon sunshine while enjoying a book in Victoria Park yesterday. Today is the first official day of summer, a time of year when most of us feel better than we do at other times of year.

KYLE REA
@METRONEWS.CA

After a long, cold winter and wet, rainy spring, summer is finally here in all its glory.

And there's a reason why you'll probably feel better than you have in a long time during the next few months.

That's because many people do feel better mentally over the summer, according to Dr. Ian Nicholson, manager of psychology and social work at London Health

Sciences Centre.

"For many people, there's an increase in their activity level. They're out and doing more because of the greater freedom that summer brings. And the days are longer, which allows for a greater chance to do something," Nicholson said. He added it's a gradual thing — people shouldn't expect to feel immediately better starting today.

There's also a change in our social and work habits over the summer that makes life easier to

handle, he said.

"One experiences less stress in the summer. It may be that their workplace is less active, because of summer vacation, they may be taking (more) time off to go to the cottages than other times of the year, children don't have as many stresses on them.... People tend to have more flexibility and more capacity to do things."

Does the sun itself help improve our mood?

Nicholson said the jury is still out on that but that "there is some evidence

"The more one can engage in activity rather than just sitting at home, the more likely you are to carry some of those summer experiences through the rest of the year."

DR. IAN NICHOLSON

that a lack of sun can have a negative effect on mood."

Police searching for careless driver



Police are looking for a driver who cut off another car coming the other way, causing that driver to leave the road and suffer minor injuries.

On Friday at about 4:30 p.m., a silver-grey four-door car heading south-

Witness it?

Police are asking any witnesses to call 519-661-5680.

bound on Veteran's Memorial Parkway turned left on to Hamilton Road across the path of a northbound vehicle. This turn caused the northbound driver to lose control of her car, which left the road and went into the ditch. ● METRO

Reader feedback



We asked what the official start of summer means to you. Here's what you said on Twitter:

- **@HamptonLondon:** Summer means baseball & soccer teams for us! And the wonderful leisure travelers attending #ldnont great summer events!
- **@Mel_Sheehan:** summer to me means SunFest, RibFest, London Fringe... The summer of Festivals in downtown London #ldnont
- **@RobbieRobb:** Summer used to mean days spent at the lake with my friends as a child. Now, it just means a hot commute to work or school.
- **@beingkathy:** Festivals, fresh local produce, beach days and long drives to discover the treasures all around us.
- **@swontariofoodie:** Start of summer means lots of fresh produce, making jams, BBQ's, food festivals and visits to pick-your-own fruit farms!
- **@Kevinvalkenier:** the day my pool opens!

And on Facebook:

- **Daya Counselling Centre:** Beach time at the Pinery!
- **Bonny Kilgour:** Victoria Park/downtown/community festivals, Port Stanley, Fanshawe Conservation Area, day trips....
- **Lisa Novakowski:** The official start of summer means enjoying more time outside. It means bicycling, swimming and going to the beach.

News in brief

Officer awarded for volunteering

Det. Derek Spence of the London Police Service has been honoured for his extensive volunteer work.

Spence received the IODE Community Relations Award at a recent celebration of the 100th anniversary of the IODE (Independent Order of the Daughters of the Empire).

Spence has been an officer in London for 24 years.

● METRO

1

news



A new report details economic costs of obesity, and how individuals can fight it.

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- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

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Around. The clock



► A.B. Lucas Secondary students participate in the school's annual Relay for Life cancer campaign.

CONTRIBUTED

Relaying a big stack of funds

A.B. Lucas students, staff and the community worked together to raise \$62,650 in their 12-hour overnight relay that took place June 10 and 11. The event was organized by teachers Mike Hayes, Sophia Nasiakos, Bruce Power and the student Relay for Life executive team. There were 555 student participants.

Funding urged for community care

► Report recommends integration between public health units, family doctors and local health integration networks

Ontario needs a better-planned and more integrated approach to health care if it wants to improve patient services and outcomes while trimming a huge deficit, concludes a special report from hospitals and community-care centres.

The Liberal government wants to limit the increase in annual health spending to three per cent — down from an average of 6.5 per cent annually since 2003 — to help eliminate a \$16.3-billion deficit. Health eats up over 40 cents of every

16% Almost 16 per cent of patients in Ontario hospitals should be at home or in an alternate and more appropriate level of care in the community, the report says.

program dollar the government spends.

A joint report from the Ontario Hospital Association and the Ontario Association of Community Care Access Centres admits spending on health care

can't keep growing at the old rate, but also calls for funding of 3.5 per cent a year plus inflation to beef up community care.

"If we can build up community (care) by funding it at a higher rate than the rest of the system ... we should be able to keep people out of hospitals, and if they do end up in hospital, keep them from being re-admitted at the high rate that's currently happening," said Tom Closson, president and CEO of the OHA. **THE CANADIAN PRESS**

Premier seeing eye to eye with kindergartners

TORSTAR NEWS SERVICE FILE

Kids in junior kindergarten who need glasses would get them for free under an expanded program promised by Premier Dalton McGuinty yesterday.

It's a plan aimed at encouraging parents to take their young children to the optometrist by waiving about \$300 in dispensing and eyeglasses fees, and one the governing Liberals say would test more than 117,000 JK students across all the province's school boards by 2015.

Under the new plan, which builds on a program that is already in place in Hamilton, three different providers — Jungle Eyewear, Hoya Vision Care and Johnson and Johnson Vision — will supply the free glasses.

The program will cost taxpayers about \$200,000 a year, or \$1 million over the five-year period, with the



► Dalton McGuinty

bulk of the costs being picked up by optometrists and other private-sector partners.

It will be rolled out in 14 school boards this September, a month before voters head to the polls for the Oct. 6 election.

Eye exams are free for children under 19, as well as seniors, diabetics and people on social assistance, but that doesn't cover dispensing fees or the cost of eyeglasses. The Lib-

erals delisted eye exams for most adults from services covered by the province in 2004.

Opposition parties scoffed at McGuinty's plan, saying it was a trial balloon "pulled out of a hat" that discriminated against older kids who may also need glasses.

"The timing is suspicious, the policy is unfair because it applies to some and not to others — it's not based on need," said NDP health critic France Gelinias.

There may also be a problem with accessibility for some of the northern or fly-in communities who may not have participating optometrists on hand, Gelinias said.

"Are we going to fly all the kids out of the 57 fly-in reserves when they are three and a half to have an eye test?" she asked.

THE CANADIAN PRESS

JLC to host The Moody Blues

Legendary art rockers The Moody Blues are coming to the RBC Theatre stage at John Labatt Centre on Saturday, Sept. 24.

Tickets go on sale Friday at the JLC box office, Masonville Place guest services, Fanshawe College BizBooth, The Bookstore at Western and Books Plus.

● METRO

Man charged with arson

London police have charged a 21-year-old male with setting fire to playground equipment.

On Saturday at about 4 p.m., London police and London fire were called to 349 Tweedsmuir Ave., where playground equipment was engulfed in flames.

Carnez Williams has been charged with arson and carrying a concealed weapon. ● METRO

UWO appoints dean of law

W. Iain Scott is the University of Western Ontario's new dean of law, beginning a five-year term Sept. 1.

Scott, who recently retired from an eight-year term as CEO of one of Canada's largest law firms, McCarthy Tétrault LLP, succeeds Ian Holloway, who will complete his second five-year term June 30.

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Workplace mental health issues exposed

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up

interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS



► Louise Bradley, president and CEO of the Mental Health Commission of Canada.

CHRIS YOUNG/THE CANADIAN PRESS

Tories table bill to end postal dispute

The Conservative government brandished the sword of back-to-work legislation for the second time in a week yesterday, this time to force an end to the Canada Post lockout.

If the two sides can't agree to their own deal by the time the bill passes, it will be up to an arbitrator to decide which side has the better offer.

But while the end of the postal lockout may be welcome news for those eager to see mail services resume, critics are alarmed at what appears to be a major change in labour relations policy for Canada. THE CANADIAN PRESS

Girl forced to wear bomb vest: Police

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

ROHULLAH SHAKIR/THE ASSOCIATED PRESS

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

Man charged in e-peeping investigation

Police in Peterborough, Ont., have arrested a man alleged to have secretly taken videos and photos of a housemate's girlfriend getting changed.

The other man discovered the material on the suspect's computer in late May.

He called police after learning a hidden camera had been placed in the bedroom he shared with his girlfriend.

Michael Kehoe, 19, was arrested Sunday and charged with voyeurism. CROM

Picasso's art shown in Palestine

A Palestinian art academy yesterday put on display a \$7-million US Pablo Picasso masterpiece, the first of its kind in the West Bank.

Picasso's 1943 Buste de Femme is on loan from the Van Abbemuseum in Eindhoven, Holland. Organizers said they had to overcome a lack of reliable transport and several Israeli checkpoints along the way.

The small art school in Ramallah put in the loan request in early 2010. Nor-

2 It took two years to arrange the loan of Picasso's piece, the art academy says.

mally, such inter-museum exchanges are routine and take about six months to co-ordinate, but this took two years.

"Nothing is normal over here," said Khalid Horani, art director of the Palestinian academy.

The painting is the most valuable and prestigious

Western artwork ever shown in the West Bank and is part of the Picasso In Palestine exhibit in Ramallah aimed at introducing Western art to the Palestinians.

The 100-cm-by-80-cm oil-on-canvas work — a cubist deconstruction of a woman's face, dominated by grey hues — is the Dutch museum's most valuable piece of art. It has travelled before to Sao Paulo, Brazil.

THE ASSOCIATED PRESS

News in brief

Saudi activists court Western female support

DUBAI, UNITED ARAB EMIRATES. Saudi activists are urging the West's top women diplomats to publicly support a campaign by women in Saudi Arabia to win the right to drive.

About 40 Saudi women drove Friday, saying they were beginning a

campaign to lift the restrictions. No arrests were reported. THE ASSOCIATED PRESS

107-year-old Greek patriot dies

THESSALONIKI, GREECE. A funeral service was held yesterday for 107-year-old Vasiliki Lambidou. The woman lived near the Greek-Turkish border along the Evros river, and had raised a Greece flag at her house every day since 1962. THE ASSOCIATED PRESS

44 die in plane crash: Reports

Forty-four people were killed when a RusAir passenger jet crashed late yesterday in northwestern Russia, news agencies said.

RIA Novosti and ITAR-Tass, citing Emergencies Ministry officials, reported the plane crash-landed on a highway en route from Moscow to the city of Petrozavodsk. Eight people were hospitalized and in critical condition, they reported.

THE ASSOCIATED PRESS



► Courtney Mitchell, right, offers a wedding ring to Sarah Welton during their wedding ceremony in Katmandu, Nepal, yesterday. The couple from Denver, Colo., married in the first public lesbian wedding in the Himalayan nation.

BINOD JOSHI/THE ASSOCIATED PRESS

Lesbian wedding a first

N.Y. stalls on gay marriage

► Same-sex couples can legally marry in Connecticut, Iowa, Massachusetts, New Hampshire, Vermont and Washington, D.C.

Hundreds of protesters for and against gay marriage in New York chanted, sang and sought out TV cameras yesterday while the state senate again came to no resolution on the issue in a closed-door session that barely touched on the nationally divisive topic.

New York's vote is seen as pivotal in the national question over same-sex

marriage, an effort that largely stalled in the same room two years ago when the senate voted it down. Since then, efforts have failed in New Jersey, Rhode Island and Maryland. Advocates hope a "yes" vote in the country's third-most populous state jump-starts the effort.

Two Republican senators said the gay marriage issue

that has sharply focused the efforts of opponents and advocates was only briefly discussed in yesterday's meeting. Instead, senate Republican leader Dean Skelos is negotiating with Democratic Gov. Andrew Cuomo on religious exemptions that could be enough for Republican senators — most of whom oppose gay marriage — to send the is-

sue to the floor, where a bipartisan effort could pass it.

The state legislature's other chamber, the assembly, has already passed the measure. The legislative session was supposed to end yesterday, but the negotiations are expected to keep lawmakers in the state capital, Albany, through much of the week.

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HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

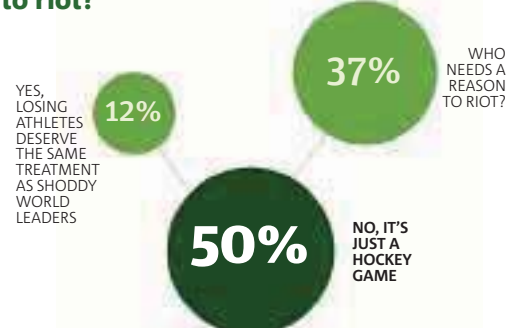
But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Is losing the Stanley Cup a valid reason to riot?



Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline

A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the



burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS

Masters of our domain name

► New rules mean anything goes when choosing web suffix ► Instead of .com, how about .harry or .sally?



**BEATRICE
BEDESCHI**
METRO WORLD NEWS

So long, dot-com era: The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .lon for London, Ont.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned

You name it

- The expected price of a customized suffix is \$185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- Applications are open from Jan 12. to April 12, 2012.

Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLD's, for generic top level domains.

The Internet community, governments and companies have been pressing

for this for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain-name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

Plastic. Money



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills that wear and tear more easily. The first bills to go plastic will be the \$50 and \$100 notes. Polymer banknotes are more durable and harder to fake than paper money.

Market moment

TSX



+ 67.75
(12,857.7)

Dollar



+/- 0¢
(102.02¢ US)

Oil



+ 25¢ US
(\$93.26 US)

Natural gas
1,000 cu ft
\$4.302 US
(- 2.3¢ US)
Gold
contracts
\$1,542 US
(+ \$2.90 US)

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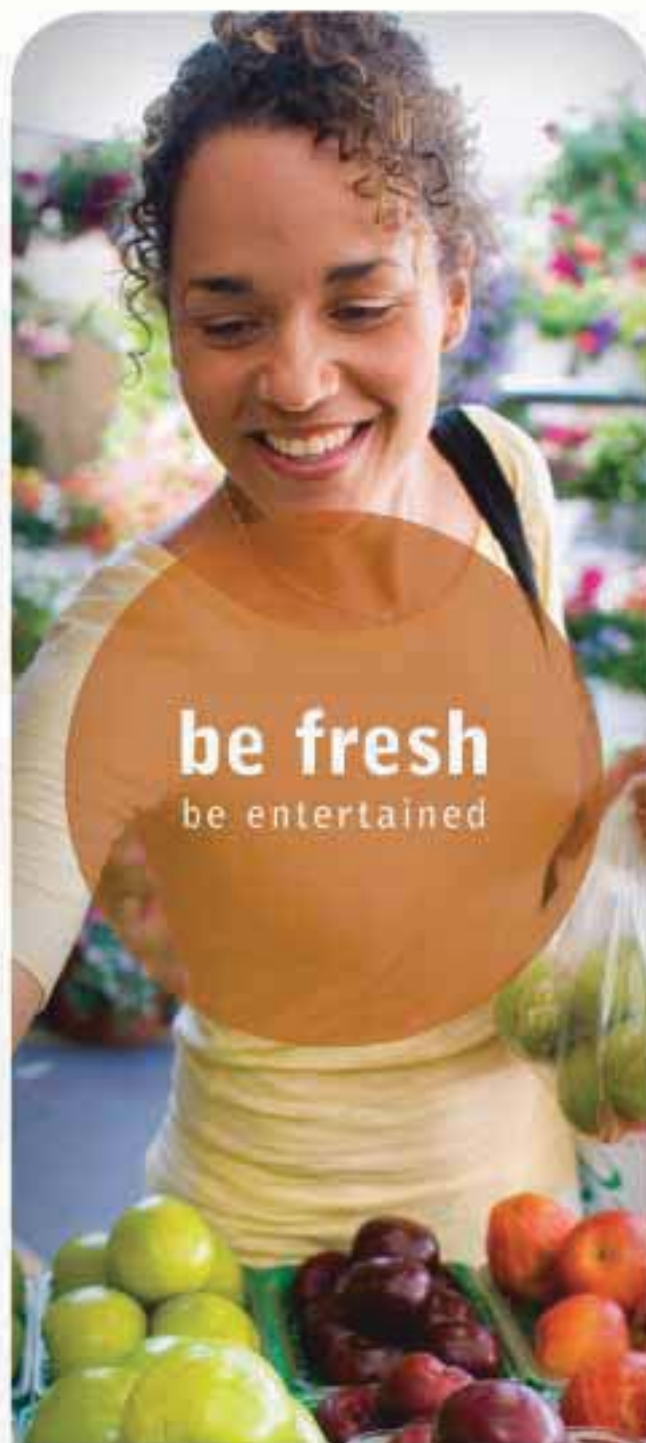
Google to digitize tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. The books range from Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange — to the 1858 work A Scheme for Underwater Seafaring, about the first combustion-engine-driven submarine.

THE ASSOCIATED PRESS

14M The British Library's goal is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.



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Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, From Pieces to Weight, and a self-help guide co-authored by Robert Greene called The 50th Law.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess



New Line of Fragrances

How likely it is to happen: 1/5

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5

It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



A Smartphone?

How likely it is to happen: 4/5

The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)



POTTERMORE?



NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of

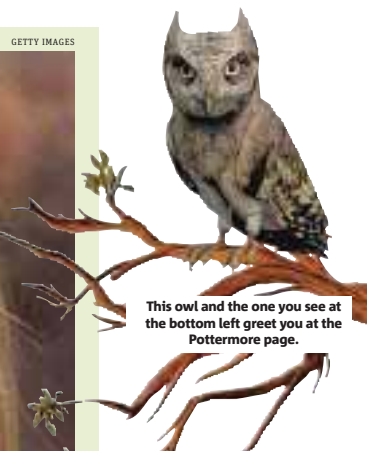
tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

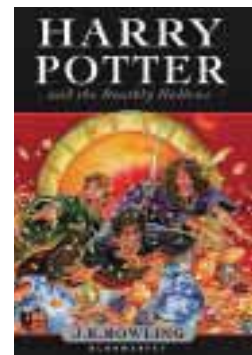


This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that The Deathly Hallows is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

GREENER LIVING

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- 🌱 A NEW WAY TO DO BUSINESS
- 🌱 TIPS TO REDUCE YOUR WASTE
- 🌱 WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE

ARLESTOCK.COM/THINKSTOCK



A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

“Zero waste has positioned people to think of recycling as a business opportunity,” says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

“Over the last 10 to 15 years, we’ve recognized that landfill may not be the best way to deal with all materials,” he says. “And people now look on at resource recovery as economically beneficial.”

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

“Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal,” says Bartlett — and that means the product isn’t thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there’s little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it’s when a producer’s responsibility for a product is extended to the post-consumer stage of the product’s life

cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

“We are the missing link in reducing waste between governments and organizers at events who put on things,” explains company spokesperson Liliana Segal. “Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled.”

To reduce waste in the workplace, Green Chair Events suggests that businesses renegotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewal fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

THINGS GO BETTER WITH — PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.



The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company’s long-term goal is to reach a 100 per cent plant-based package for all of its products.

“It’s our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging,” says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

©2011 The Coca-Cola Company. PLANTBOTTLE, the PlantBottle Logo and DASANI are trademarks of The Coca-Cola Company.

REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.



3 still 100% recyclable



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PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind.

Now available nationwide.

For more information visit livepositively.ca/plantbottle

THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



Scan this code or visit
metronews.ca/greenerliving

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation,
www.davidsuzuki.org

To see how you measure up, add up your score.

1. a-1, b-2, c-3 2. a-2, b-3, c-1 3. a-3, b-1, c-2 4. a-3, b-1, c-2
5. a-1, b-3, c-2 6. a-1, b-2, c-3 7. a-1, b-2, c-3 8. a-3, b-1, c-2

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.



Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." ● METRO



► Winehouse has cancelled the next two stops on her tour.

'There's no sex tape': Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he wants to release, a move Lopez has been fighting to block.

"My first husband has tapes of us from our life. It's horrible," Lopez tells Culture magazine.

"It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape."

● METRO



Lady Gaga and bf get back together

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight. I think the breakup lasted a week or two," a source says. "They are totally back together now."

Gaga herself admits she may have stretched the truth in announcing her relationship's demise.

"I sometimes skirt questions about it — and maybe



► Lady Gaga

not honestly," she tells the magazine. ● METRO

Cheryl says she's just fine

ALL PHOTOS GETTY IMAGES

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star



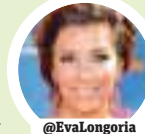
► Cheryl Cole

Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. ● METRO

Celebrity tweets



"Every time i fall in love with a character on Game of Thrones, they die!"



@EvaLongoria

@katyperry

"After a cocktail of prescribed drugz I think I'ma be able to fist pump my way through tonight..."



@russellcrowe



"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"

@GaryShandling



"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Qaeda rocks!' t-shirt."

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3
life

Carb intake



Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent). To reverse visceral fat that's already there, boost the intensity or duration. **CELIA MILNE**



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Cutting the belly fat

► New research shows the science behind why carbs can cause belly fat ► Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes



CELIA MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein,

and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



ISTOCK PHOTOS

Half the man he used to be



BEN KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

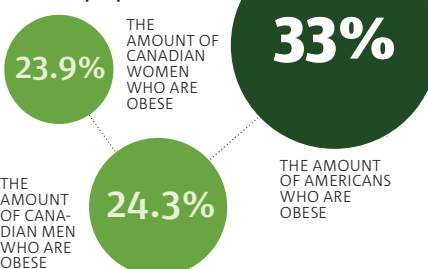
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks

Statistics

Looking at the percentages of obese people.



got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22

years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

SHE NEEDS HER OWN FRIENDS

ANSWERS FROM OUR EXPERT

ISTOCK IMAGES

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.

Claire: Dear BF/BFF,

You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world.

This behaviour has obviously gone on for some time.

By providing a group to hang out with, you've fulfilled her need to socialize, to be extroverted.

This isn't ok, unless you two are in a cult where sympathizing with outsiders warrants a good whipping.

Make sure you're clear about how you're uncomfortable her nesting is

making you, and that you don't find it attractive.

As you're the center of her world, this will probably get her butt off the bed and out into the world.

If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people ... like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled,

The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship.

So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys.

Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls.

You can even make a game out of it — who gets flirted with the most?

But be careful what you wish for though — she may just have more fun going out with the girls than she does with you!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad, Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting



world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to

these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the decisions for my wedding and I don't know how to deal with her with-

out making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

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Shrimp Appetizer



Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

Preparation:

- 1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes.

Add mustard and cook for another 2 minutes.

- 2 Add shrimp and cook for 5 minutes longer, mixing with a spatula.

- 3 Season to taste. Serve with a salad of fine herbs such as chives, chervil, parsley and basil.

THE CANADIAN PRESS/
MAILLE (MAILLE.CA)

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper,

chopped

- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

The Church Key Bistro opens door to tastiness

► Despite indifferent service, upscale version of pub fare offers yum factor



► Chicken Pot Pie with salad (\$13).

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



Pub food is a preference of mine. It may not be "heart-smart" but it offers comfort. The Church Key Bistro Pub offers upscale versions of customary favourites.

The reminiscently European patio looks especially inviting as I enter the smartly designed restaurant. Fittingly, the sound of church bells and street traffic create a nice sunny day lunch ambiance.

If only my waitress's disposition could be similarly warm.

Salmon dominates the menu but I order the Irish Enchilada (\$9), which arrives alongside my Chick-

en Pot Pie main (\$13). The portion sizes are decent.

My tasty starter tortilla is filled with bland shredded lamb, enjoyable when dipped in hot chili sauce. The pie's puff pastry is flaky and buttery yet awkward to work around until it gets mixed with the creamy and succulent chicken and vegetable stew underneath. I like the salad's sweet dressing.

Despite some indiffer-

ent service, The Church Key offers familiar pub fare notched up for an up-market lunch experience.

► **The Church Key Bistro Pub**

476 Richmond St.
519-936-0960
thechurchkey.ca

Social lunch: Yes
Client Negotiations: Yes
Price range: \$9 - \$14
Rating: 3.5 out of 5

This mushroom casserole cooks itself

► Bring out the good old crock pot

Preparation:

- 1 In a large skillet over medium, heat oil. Add onion, green pepper and mushrooms. Sauté for 5 to 6 minutes, stirring occasionally, until vegetables soften. Add garlic, tomatoes, oregano and paprika. Continue to sauté until heated through. Remove to a large mixing bowl to cool.

stir until smooth and golden, 4 to 5 minutes. Whisk in milk and bring to a boil. Whisk shredded cheese into boiling milk to produce a rich, velvety sauce. Add salt and pepper.

- 3 Combine cooked rice with sautéed vegetables in a large mixing bowl. Fold in cheese sauce and mix gently.

- 2 In same skillet, melt butter over medium heat; whisk in flour. Cook and

in wild rice mixture. Cover; cook on low for 4 to 6 hours or on high for

2 to 3 hours or until done. THE CANADIAN PRESS/
CROCK-POT

Ingredients:

- 30 ml (2 tbsp) olive oil
- Half medium red onion, finely diced
- 1 large green pepper, finely diced
- 250 g (8 oz) button mushrooms, thinly sliced
- 2 cloves garlic, minced
- 1 can (398 ml/14 oz) diced tomatoes, drained
- 5 ml (1 tsp) dried oregano

- 5 ml (1 tsp) paprika
- 30 ml (2 tbsp) butter
- 30 ml (2 tbsp) flour
- 375 ml (1 1/2 cups) milk
- 250 g (8 oz) pepper jack, cheddar or Swiss cheese, shredded
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 500 ml (2 cups) wild rice, cooked according to package instructions

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With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smart-

phone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant.

If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and



► It's vital to develop an understanding about your finances, especially as you age.

debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cov-

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE information

► If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

Diversify your TFSA

► Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house

It's been three years since the Tax Free Savings Account (TFSA) was first introduced. And, if you're like most Canadians, you might have a modest amount in a savings account that is perhaps making one or two per cent interest — if you're lucky.

Well, now it's time to shake things up with a little diversification.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of \$5,000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away \$15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.



► Consider using your TFSA to save for retirement.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full \$15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. **NEWS CANADA**

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: Make the cost of raising a family less taxing.

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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4
sports

Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS INTERIM MANAGER JACK MCKEON, 80, BECOMES THE SECOND-OLDEST MANAGER IN MAJOR LEAGUE HISTORY. CONNIE MACK MANAGED THE PHILADELPHIA ATHLETICS IN A SUIT, TIE AND STRAW HAT UNTIL 1950, WHEN HE WAS 87.



Scan code for more sports news.

Nadal, Williams make easy work of first round

► Former champions both win in straight sets ► Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, ran off six

The rematch

Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal reacts after defeating Michael Russell yesterday.

Pujols will likely miss six weeks with injury

St. Louis Cardinals first baseman Albert Pujols will be out an estimated six weeks with a fractured left wrist, leaving baseball without a three-time MVP in a devastating blow for a franchise hit hard by injuries this season.

The team announced the results of an MRI and CT scan yesterday, one day after Pujols was injured during a home game against Kansas City. The team said Pujols has a non-displaced fracture of his left radius.

THE ASSOCIATED PRESS



► Albert Pujols

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta Thrashers head coach Craig Ramsay was informed yesterday that he had been ruled out for

the position in Winnipeg, ensuring that the franchise will have new faces in all key positions. THE ASSOCIATED PRESS

Habs re-sign Pacioretty

NHL. The Montreal Canadiens re-signed injured winger Max Pacioretty to a two-year contract extension yesterday.

THE CANADIAN PRESS

V for Victory. And Vogue



► Venus Williams returns a shot in London, England, yesterday.

JULIAN FINNEY/GETTY IMAGES

Williams' strong fashion sense equals her play in opening Wimbledon match

Dressed a lot like the goddess with whom she shares a name, Venus Williams began her chase for a sixth Wimbledon title wearing a white romper. The all-in-one outfit with shorts has cutout sleeves and a big triangle cutout in the back. It also has a V neckline and is adorned with a gold belt and zipper in the front. "It's a jumper. Jumpers are very 'now,' as is lace," Williams said after defeating Akgul Amanmuradova of Uzbekistan 6-3, 6-1 yesterday to reach the second round. "The shoulders have a lot of draping, which is also in the moment. It's just kind of like a trendy dress. It's fun." THE ASSOCIATED PRESS

Not so easy to 'Peg a name

► Winnipeg team may be nameless at draft ► Organization cramming with Thrashers scouts

When Kevin Cheveldayoff calls Winnipeg's first draft pick to the stage on Friday night, the general manager isn't sure what sweater he'll be handing over.

A name and logo have yet to be unveiled for the team and it won't necessarily happen before the weekend.

"Certainly there'll be a sweater — whether it's a team sweater or not, I guess that remains to be seen," Cheveldayoff said yesterday during a conference call with a handful of reporters. "There has been different discussions about what to

Coach search

Craig Ramsay, Mike Haviland, Claude Noel and Craig MacTavish are reportedly in the running for Winnipeg's head coaching job. The team has already conducted several interviews.

do in the case of a sweater not being available."

The NHL's board of governors is scheduled to vote on the official sale and transfer of the franchise to Winnipeg during a meeting in New York today.

► "The process is ongoing," said the team's general manager Kevin Cheveldayoff. "Again, kind of true to our word, we haven't given a deadline to everyone yet ... At this point we're just kind of discussing things internally."

Cheveldayoff was hired less than two weeks ago and held his first full meeting with scouts after arriving in Minneapolis last night ahead of Friday's draft in St. Paul, Minn. The group will conduct inter-

"Moving forward, we're going to look at (the draft) as the lifeblood of our organization and the cornerstone of building this franchise."

WINNIPEG GM KEVIN CHEVELDAYOFF

views with prospects in the coming days.

Winnipeg's first selection is No. 7 and the team also has eight picks to make in later rounds.

An important voice at the team's draft table will

be Marcel Comeau, who served as Atlanta's head scout for the last eight years and continues to work for the organization. Information gathered by the Thrashers scouts will play a big role in Winnipeg's first draft.

"Any good general manager is going to rely heavily on their scouts," said Cheveldayoff. "That's what they get paid to do, that's their job, that's their goal — to make sure that they draft well and get to the bottom of each and every pick and know a lot about them." THE CANADIAN PRESS

Agent says Cavs still weighing No. 1 pick options

The agent for Turkish centre Enes Kanter doesn't think the Cleveland Cavaliers have decided who they'll take with the No. 1 overall pick in the NBA draft.

Yesterday, Kanter had his second private workout with the Cavaliers, who own the first and fourth picks in Thursday's draft.

Agent Max Ergul said the six-foot-11 Kanter, who has raw skills but imposing, ready-for-the-pros size, met with Cavs owner Dan Gilbert.

"Enes told me he liked it," said Ergul, who believes the club is still weighing its options. "I have no prediction with what they are going to do and I think they are going to wait and take it down to the very last moment. And why should they announce it now? That would ruin the surprise."

The Cavs have been guarded in their plans for this draft, which they hope can speed up their rebuild in the aftermath of LeBron James' departure and a 63-loss season.

Cleveland has been silent because the club wants to keep its options open and potentially raise the interest in a player to make a trade.

In addition to its first-round picks, the Cavs have two selections in the second round (Nos. 32 and 54) and own a \$14.5-million trade exception they got in a sign-and-trade with Miami last summer in the deal for James.

Duke's Kyrie Irving has been Cleveland's expected choice at No. 1, and the Cavs were the only team the six-foot-four point guard worked out for this spring. Irving played in only 11 games as a freshman for the Blue Devils because of a foot injury he says has healed completely.

Kanter is somewhat of a mystery to NBA fans. He hasn't played in nearly a year after being ruled ineligible at Kentucky. He has recently worked out for several teams, showing off his solid post moves and above-average perimeter game. THE ASSOCIATED PRESS

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JUNE 19 1:30pm-5:30pm - Karaoke
Guy Lombardo Celebration 6pm.
Steak-dinner and dance. \$15
JUNE 25 Duncan Casey's Dinner & Golf
Tournament \$75
JUNE 26 Karaoke - Sunday @ 2pm
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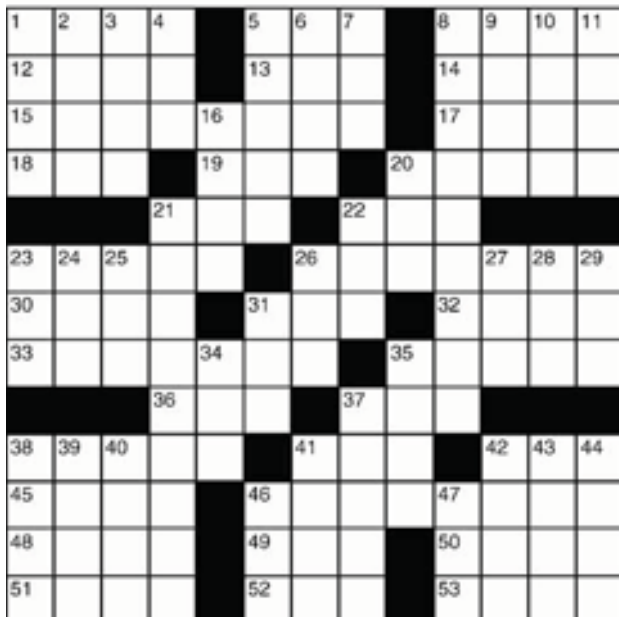
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Crossword

Across

- 1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"
Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite



- 5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly
25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply

- 43 Exposed
44 Cauldron contents
46 White lie
47 Witnessed

► Yesterday's answer



Today's horoscope

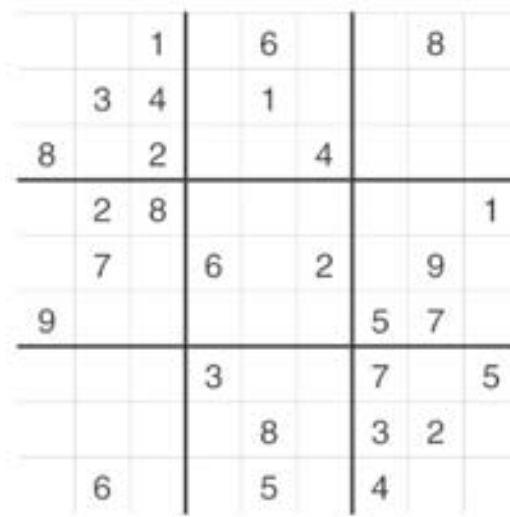
♈ Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.
♉ Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.
♊ Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!
♋ Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

♌ Leo July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.
♍ Virgo Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.
♎ Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.
♏ Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.
♑ Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.
♒ Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.
♓ Pisces Feb. 19-March 20 You need to deal with a family issue that is causing grief. It's time to get tough. **— SALLY BROMPTON**

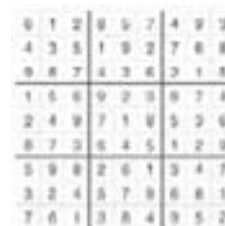
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



Caption contest



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Andy
I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss
YOUR PRINCESSLITTLEBOOTS XOXO

JDNR
"YOUR LIPS ARE SOOOO MMMMMMMMMMM!! XO :)" **ALG**

Mark T
My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.
DOROTA



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